

"It's Time to Eat Real"

Healthy Food for Boomers and Seniors

**Leave prepared foods and takeout behind.
Learn to prepare quick, healthy meals.**



Presented by Judy Mabel, RD, PHD

Nutritionist, Scientist and Dietitian

www.nutritionboston.com

1:00 – 2:00 PM

Wednesday, October 24, 2012

Brookline Senior Center, 93 Winchester Street, Brookline

Free and open to the public, Registration not required.

For information: Lynne Karsten, lkarsten@brooklinema.gov, 617-730-2336

Co-Sponsors: Brookline Department of Public Health, Brookline Senior Center

